

# Social Skills Training Treatment Planning using the Mental Health Suite

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# Today's Webinar

- Rationale for Developing the SST Treatment Plan
- Overview of Problem Areas Covered by the Treatment Planner
- Discussion of Each Specific Problem Area
- Questions

# Rationale for Developing the SST Treatment Plan

- To assist in the requirement that every Veteran receiving mental health services has a treatment plan documented using MH Suite
- To decrease the local burden of content development and avoid “reinventing the wheel”
- To ensure that the content developed nationally meets accrediting standards (TJC and CARF), when used correctly
- Process of development
  - worked with subject matter experts in SST to develop treatment plan content that is consistent with the language, clinical theory and methods of this national EBP rollout

# General Guidelines and Hints

- If you can't find the "EBP Social Skills Training" category in your local system, contact your facility's MH Suite Clinical Champion
- Use the Veteran's own words and/or ideas when completing the Treatment Plan (e.g., description of problem areas)
- Specify the *type of mental health care provider* (social worker, psychologist, etc.) who will be providing the intervention and the *duration of intervention* when adding the intervention for each objective
  - You do not have to enter the name of the specific provider (but may if you wish to)
- You can create a treatment plan composed of SST and non-SST problems and goals using MH Suite

# Overview of Four Problem Areas

- Deficits in communication/social skills are negatively impacting *interpersonal relationships*
- Deficits in communication/social skills are negatively impacting *community participation*
- Deficits in communication/social skills are negatively impacting *engagement in treatment services*
- Deficits in communication/social skills are negatively impacting *physical and emotional well-being*

# New Treatment Plan

Created - ZDBBDYF,ILYDHA C5969

Coversheet Profile Summary Participation Problems GAF/Meds **Plan** Priority Measures

Available Items

Treatment Plan Categories

EBP Social Skills Training

Problems/Goals/Objectives/Interventions

- Problem: Deficits in communication/social skills at
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Treatment Plan for - ZDBBDYF,ILYDHA C5969

Press F2 to edit caption, F3 to edit Time Frames and Provider

Add →

Add Other +

- Delete From Treatment Plan

Preview

Sign/Accept Plan

Cancel

Suspend Plan

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Treatment Plan Categories

EBP Social Skills Training

Problems/Goals/Objectives/Interventions

- Problem: Deficits in communication/social skills are negatively impacting in...
  - Goal: Veteran stated, "~~!State Veteran's goal in their own words||F~
  - Goal: Improve interpersonal relationships, including: ~!Specify Veter
  - Objective: Veteran will report improved satisfaction with quality of int
    - Intervention: Veteran will engage in social skills training group the
    - Intervention: Veteran will engage in individual sessions to help mo
  - Objective: Veteran will add ~!Specify Veteran's desired number of ne
    - Intervention: Veteran will engage in social skills training group the
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  - Objective: Veteran will seek out a relationship with a potential signific
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# Problem Area 1: Interpersonal Relationships

- Problem: Deficits in communication/social skills are negatively impacting interpersonal relationships, including:
  - Negative effects on number and quality of relationships
- Goals:
  - Veteran-stated goal: In his/her own words
  - Improve interpersonal relationships, including \_\_\_\_\_
    - Examples: increased number and improved quality of relationships with friends, significant others, and family

# Problem Area 1: Interpersonal Relationships

- Objectives
  - Veteran will report improved satisfaction with quality of interpersonal relationships with (friends, significant other, those in the Veteran's living space) as evidenced by \_\_\_\_\_
    - Can enter a separate Objective for each relationship he/she wishes to improve
  - Veteran will add \_\_\_\_\_ number of new friends to Veteran's social network
  - Veteran will seek out a relationship with a potential significant other by engaging in the following behaviors \_\_\_\_\_
    - Join a singles group, join an online dating service
  - Veteran will \_\_\_\_\_ (state Veteran's desired objective)

# Problem Area 2:

## Community Participation

- Problem: Deficits in communication/social skills are negatively impacting community participation, including
  - Limited involvement in work experiences
  - Limited involvement in school
  - Limited involvement in community groups
- Goals:
  - Veteran-stated goal: in his/her own words
  - Improve meaningful community participation, including
    - Examples: obtainment of paid or voluntary work, joining a club or enrolling in school or training program

# Problem Area 2:

## Community Participation

- Objectives
  - Veteran will report efforts to actively pursue (paid or volunteer) work experience
  - Veteran will report obtainment of (paid or volunteer) work experience
  - Veteran will report successful maintenance of existing (paid or volunteer) work experience
  - Veteran will report efforts to actively pursue additional \_\_\_\_\_ (specify education or training experience)
  - Veteran will report enrollment in \_\_\_\_\_ (specify class or training program)
  - Veteran will report successful maintenance of existing \_\_\_\_\_ (specify class or training program)
  - Veteran will report active engagement in \_\_\_\_\_ (specify community club or organization)

# Problem Area 3:

## Engagement in Treatment Services

- Problem: Deficits in communication/social skills are negatively impacting engagement in treatment services, including:
  - Poor attendance
  - Limited engagement in treatment services and recommendations
- Goals
  - Veteran-stated goal: in his/her own words
  - Improve engagement in treatment services, including
    - Example: increased treatment attendance

# Problem Area 3:

## Engagement in Treatment Services

- Objectives
  - Veteran will demonstrate improved adherence to their mental health recovery plan
  - Veteran will demonstrate an increase in activities aimed at meeting goals of their mental health recovery plan, including \_\_\_\_\_ (example: attending appointments)
  - Veteran will report taking psychiatric medications as prescribed
  - Veteran will demonstrate active participation in their mental health recovery through shared decision-making with providers
  - Veteran will report pursuit and/or use of peer support services, as evidenced by Veteran's report of \_\_\_\_\_
    - Attend weekly peer support group
    - Attend AA meetings
  - Veteran will \_\_\_\_\_ (state Veteran's desired objective)

# Problem Area 4:

## Physical and Emotional Well-Being

- Problem: Deficits in communication/social skills are negatively impacting physical and emotional well-being, including
  - Problems with substance use
  - Lifestyle behaviors such as diet and exercise
- Goals
  - Veteran-stated goal: in his/her own words
  - Improved experience of physical and emotional well-being, including \_\_\_\_\_
    - Examples: reduce/discontinue use of substances, better attention to lifestyle issues including diet and exercise

# Problem Area 4:

## Physical and Emotional Well-Being

- Objectives
  - Veteran will report \_\_\_\_\_ (specify reduced or discontinued use of target substance)
  - Veteran will report continued abstinence from \_\_\_\_\_ (specify target substance)
  - Veteran will report improvement in diet, as evidenced by \_\_\_\_\_
  - Veteran will report increased amount of time being engaged in the following physical activities: \_\_\_\_\_
  - Veteran will report improved chronic medical illness self-management, as evidenced by \_\_\_\_\_
  - Veteran will \_\_\_\_\_ (state Veteran's desired objective)

# Interventions

- For all objectives, regardless of problem area, the two interventions provided by the template are:
  - Veteran will engage in social skills training group that will include any/all of the standard skill domains
  - Veteran will engage in individual sessions to help monitor goals and support ongoing engagement in group social skills training

# Questions?

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